



Interschool Cross Country 2016

Wednesday 1st June 2016

Dear Parents/ Caregivers,

Your child has been selected to represent Pukerua Bay School at the Interschool Cross Country.

When Wednesday 8th June (Postponement: Friday 10th June and Tuesday 14th June)

For cancellations listen to Newstalk ZB from 7.00am or check Plimmerton School's website: www.plimmerton.school.nz

Where QE2 Park

Departing School 9.20am We will arrive at the venue before 9:40 for a walk around the course.

Children must wear clothing and footwear suitable for running and bring an asthma inhaler if needed. They are able to run in spikes/football boots as the course can get quite muddy. Children should also bring a change of shoes and lots of warm clothes to change into after their race, as well as lots of snacks and a bottle of water. A school shirt will be given to each runner.

We will be staying till the end of all races because this is when the prize giving is held.

- Parent supervision and transport is needed. If you are able to help, please indicate on the attached form.
- Each school must have 2 parents acting as marshalls on the cross country course. Please indicate on the attached form if you are able to assist with this (you will get the best view of the runners).
- This year Pukerua Bay School is responsible for recording the names of place getters. We must provide 2 adults to do this job. If you are able to assist with this please indicate on the attached form.
- One of the requirements of holding the cross country race is that we have to have 2 registered first aiders available at all times. They are able to stay with their own school but must be available if an injury occurs. They will be contacted by walkie talkie if needed. If you are able to assist with this job could you please indicate on the attached form.

Please note the following rules:

No dogs at venue (including in cars).

All parking will be at the direction of the parking wardens. Parking in other areas is not permitted.

Approximate timetable for events:	10.00 Assemble instructions
	10.20 Year 4 Girls
	10.30 Year 4 Boys
	10.40 Year 5 (boys then girls staggered start)
	10.55 Year 6 (boys then girls staggered start)
	11.10 Year 7 (boys then girls staggered start)
	11.25 Year 8 (boys then girls staggered start)
	11.45 Prize Giving
	12.15 Return to School

Please return the attached form to school before **Friday 3rd June**

Thank you

Luke Dentice

I give permission for to attend the Interschool Cross Country

I am able to offer transport and supervision on
_____ Wednesday 8th June
_____ Friday 10th June (Postponement Date)
_____ Tuesday 14th June (2nd Postponement Date)

If you are able to help with transport please complete the following:

I have available diagonal seatbelts
I have a current WOF Yes / No
I have a current Registration Yes / No
I have a full licence Yes / No

I am able to act as a marshal on the cross country course	Yes	/	No
I am able to record place getters	Yes	/	No
I am a trained first aider and am able to help out	Yes	/	No

Signed..... contact numbers(cell)
.....(home)
